



trinity @7

10.20.2024

Cover photo by
Julia Fehrenbacher

welcome

Trinity @7 welcomes you in person and via Zoom. This is a time where we enjoy jazz combined with poetry and a thoughtful reflection. We're always glad to see you and to share this special time together. Even though some of us are in person and others on Zoom, we are one community for a little while. What joy!

No matter the venue, may you experience stillness when it is needed and much joy and laughter when they are needed, or perhaps when least expected. Besides beautiful music and words, we hope this evening brings you a little bit of peace.

We will continue to have a candle lighting time, either at a candle wall in the chapel or in your home.

You can sign
up to receive a
daily video from
nature365. And it's
free! Go to [https://
www.nature365.tv](https://www.nature365.tv)

welcome

a moment with nature

a centering prayer

Let us pray.

All things come from you, O God,
and to you we return.

All things emerge in your great river of life
and into you we vanish again.

At the beginning of each day
we wake

not as separate streams
but as countless currents in a single flow

the flow of the day's dawning

the flow of the day's delight

the flow of the day's sorrows

your flow, O God,

in the twisting and turnings of each new day.

amen

Prayer written by
John Philip Newell.

interlude

instructions for today (part I)

by Julia Fehrenbacher

Try this:

Close your tired eyes, breathe
deeply. Say thank you. Even if
you're poor or sick
or without hope

let shouts
and whispers speak
until the hard
and stern
fade

into a watery ripple
of love.

interlude

instructions for today (part II)

by Julia Fehrenbacher

Sit and listen to a tree for longer
than feels appropriate. Close eyes
until the hurting demands settle
until only the invisible speaks.

Ask yourself the same questions
you've been asking
everyone else. Be still
until you hear
the answers. Trust me -
they will come.

Tell the truth. The one
that has simmered
and boiled inside you. It is yours.
No one can shape it
or take it. When words fall out
notice how sure and steady
your feet feel on the ground - it is meant
to be this way.

Remember there is no promise
of tomorrow. Let this truth
live inside you
until you can't help but turn toward love.

Julia Fehrenbacher
is an author, a poet,
a painter, and a
mom who is always
looking for ways
to spread a little
good around in this
world. She lives in
Corvallis, Oregon.

You are not a victim. You
are a truth-telling warrior
who gets up again
and again and again. Who stands
in the middle of the mess
and says:

I don't know but I'm ready to listen.
Then open
your eyes
and head on home.

interlude

Quotes from "Staying in Love"

by Julia Fehrenbacher

But, my gosh. What a time it is . . . tremendous political and social unrest, devastating wildfires, people desperately seeking refuge (inside and outside of themselves), a planet in dire need of our full and immediate attention. And still, even when, even now—there is so much beauty.

interlude

When one storm after another blows us to the ground, how do we not stay on our knees, throw in the dirty towel, curse it all, write off everyone who disagrees with us, fall forever into despair? How do we continue to show up for our loved ones, strangers, our glorious planet, ourselves?

The question I want to ask is: How can we not?

interlude

Now, more than ever, we must show up with our best selves, we must become (or continue to be) part of the healing, rather than adding to the hurt. It is critical. Everything truly depends on our rising, on our digging beneath the layers of our small, fearful selves, to the bigness that each and every one of us has inside. Everything depends on our resolve to stay and stay in love.

interlude

another Monday

by Julia Fehrenbacher

It's Monday again and I don't want to. Don't want to drag myself out of this warm, everything bed, don't want to reenter the dizzying disease of busy, the tight-lipped expectations of *polite appropriate faster more*.

Don't want to read the terrible headlines. Want to burrow deeper beneath blankets, deeper into the quiet dark, deeper into dreams that carry me to a new world, a world I get to make, free from fighting, free

from *ours* and *theirs*, free from the chronic ache of this too-short life.

I want to burrow deeper into the quiet and dream dream dream, dream a better place,

a place where love stays and stays, where every single breath of a thing, is included.

interlude

reflection

interlude

meditation

interlude with candle lighting

While Krista plays, feel free to light a candle at one of the walls. Let's do so mindfully and one at a time, leaving space between you and the person in front. If you're lighting a candle at home, do so as if you were in a sacred space. You are.



Prayer written
by Michael
Leunig

closing prayer for the road

We pray for the fragile ecology of the
heart and the mind. The sense of meaning
So finely assembled and balanced
and so easily overturned.

The careful, ongoing
construction of LOVE.

As painful and exhausting
as the struggle for truth
and as easily abandoned.
Hard fought and won
are the shifting sands of this sacred ground,
this ecology.

Easy to desecrate and difficult to defend,
this vulnerable joy, this exposed faith,
this precious order.
This sanity.

We shall be careful. *(ALL REPEAT 3 TIMES.)*
With others and
with ourselves.
amen

postlude

YOU'RE CORDIALLY INVITED TO EAT CAKE, DRINK
TEA AND DISCUSS LIFE'S ONLY GUARANTEE . . .

Death Cafe

SAT. OCT. 26 @ 6 PM

♥ FREE AND OPEN TO THE PUBLIC ♥
DONATIONS GREATLY APPRECIATED

"THE CHAPEL" @ TRINITY BUFFALO
371 DELAWARE AVENUE
(LOCATED AT REAR OF COURTYARD (NOT MAIN BUILDING))
BUFFALO, NEW YORK 14202

TO LEARN MORE, VISIT:
WWW.DEATHCAFE.COM

R.S.V.P. / CONTACT: (716) 913-2379
THRESHOLDSOCIETYWNY@GMAIL.COM
FACEBOOK.COM/THRESHOLDWNY



announcements

Trinity Jazz Series

Krista Seddon Presents Lecture-Performances Connecting Classical and Jazz Music

November 22 @7pm, "Why The Beatles Still Speak To Us"

Purchase tickets [here](#) or scan the QR code to the left.

If you'd like to help make these evenings a success, please sign up [here](#) to volunteer or scan the QR code to the right. There are various roles needed, including food and wine donations.



Trinity Discussion Group: Love God, Love God's World

Join Tim Lane and Jeffrey Tooke on **Wednesdays @7pm** via [Zoom](#) (Meeting ID: 816-6863-4672 Passcode: trintalk) to explore creation care and environmental ministry using the Episcopal Church's *Love God, Love God's World* curriculum. Sessions will include compelling readings and videos, faith-based reflections, and discussion questions. Participants will discover ways to learn, pray, advocate, and conserve. Please email Jeffrey Tooke at jeffreytooke@outlook.com to sign up and receive weekly course materials.

Buffalo Bills & Veterans Pregame Party Sunday, November 10

Come watch the Bills game with Trinity fans after the 10:30 service on Sunday, November 10. There will be a Veteran appreciation pregame party (potluck style) leading up to 1pm kickoff. Contact Christian at christian.eshelman@yahoo.com with any questions. Please sign up with your expected contribution for the potluck at <https://www.signupgenius.com/go/70A0C4FAFA629A3F58-52062766-bills>.

Hamlin Park School has requested the following items for a grab a go toiletry table at their November 16 Saturday Academy which serves entire families of Hamlin Park students.

| | |
|---------------|-------------------------------|
| deodorant | socks & underwear of any size |
| body lotion | toothpaste & toothbrushes |
| body wash | feminine products |
| hair products | |

Please consider purchasing some of these items, and bring them to the bin in the red carpet area of the main church or the bin in the chapel by Monday, November 11. For questions, please email Patti Nisbet at tudorspace@aol.com.

Volunteer Opportunities With One of our Partners

Creative Restorations INC is seeking dedicated volunteers to assist with the operation of our food pantry which serves those in need in our community. We are looking for help on **Mondays** from **9am-Noon**, **Wednesdays** from **12-3pm**, and **Fridays** from **3-6pm**. If you are interested in lending a hand and making a difference, please reach out to Chris Harzynski at 716-553-4886. Your support would be greatly appreciated!

Comfort and Care Team

The Comfort and Care Team is here to help and support you or someone you know experiencing health or other life challenges. Email any one of us to request prayers, a caring phone call, notes, information on resources, a friendly visit, or arranging meals.

Phoebe McKay, phoebemckay@gmail.com

Marie Keane, MNMKean@gmail.com

Susie Green, susie432@gmail.com

Sara Merritt, smerrit172@gmail.com

Patti Nisbet, tudorspace@aol.com

Slow Down Yoga

Tuesdays @noon slow down, tune in, and take care with a gentle, mindful yoga class for any level of skill. Led by Heather Henry Rawlins, LMHC, RYT200, this Hatha yoga-based practice cultivates calm awareness, stability, and flexibility. Calm your nervous system and feel grounded in order to feel vividly present and full of ease. To sign up, click [here](#) or email Heather at hhenryrawlins@gmail.com

Did you know?

Jung Center Buffalo hosts Allentown's "First Friday Gallery Walk." Highlighting a different artist each month, many visitors have had the opportunity to not only see an amazing art show, but to enjoy our beautiful landmark church! Everyone is encouraged to attend the first Friday of every month from **6:00 - 8:30pm**. Also, if you are an artist, please consider reaching out to Anna Marie Sinatra to discuss possibilities to highlight your work in 2025. Send her an email: AnnaMarie@SinatraSolutions.com today.





Trinity is an Episcopal Church in the Diocesan Partnership of Western New York and Northwest Pennsylvania.

Facebook: [@Trinitybuffalo](#)

YouTube: [Trinity Church Buffalo](#)

Instagram: [@trinity.church.Buffalo](#)

www.trinitybuffalo.org • (716) 852-8314

371 Delaware Ave, Buffalo, NY 14202

Many thanks to Krista Seddon, our gifted pianist.

Special thanks to our guest, the gifted sax player Matt Harris.

Thank you to Matt Lincoln for bringing us together in every way he can imagine and then for being with us and reflecting from his heart.

Thank you to our host and readers.

Gratitude to our tech volunteers, Christian, Karen, and June.

Thank you to all the poets and musicians in the world who reflect life back to us in the most beautiful ways.

And of course, thank you.



Sign up [here](#) to get Trinity's eNews to stay in touch!

If you'd like to visit Trinity Church in person for some quiet contemplation or to view the stunning stained glass windows, you can schedule an appointment with the parish administrator Colleen O'Neill, coneill@trinitybuffalo.org.



Your donation can be an expression of your gratitude for Trinity and all the blessings in your life.

You can [donate online here](#), scan the QR code, text the word "give" to (716) 221-8580 OR as you exit, you can make a contribution in the Big Blue Urn.



Thank you for your participation and contribution. Peace.

All services are in person AND online.

Sunday @10:30am Includes communion at an open table

Sunday @7:00pm An encounter with God through poetry, jazz, and meditation

Wednesday @Noon Prayer and holy conversation

Thursday @7pm 12steps@Trinity, based on 12-step spirituality